

National School Lunch Meal Pattern

| Food Components | Grade K - 5 | Grade 6 – 8 | Grade 9 - 12 |
|---|---|---|--|
| Milk | 5 cups/week (1 cup daily) | 5 cups/week (1 cup daily) | 5 cups/week (1 cup daily) |
| Meat or Meat Alternates -Weekly minimum - maximum | 8–10 oz equivalent/week (1 oz daily minimum) | 9–10 oz equivalent/week (1 oz daily minimum) | 10-12 oz equivalent/week (2 oz daily minimum) |
| Vegetables (total) -Weekly minimum | 3½ cups/week (¾ cup daily minimum) | 3½ cups/week (¾ cup daily minimum) | 5 cups/week (1 cup daily minimum) |
| <i>Dark Green Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Red / Orange Subgroup</i> | ¾ cup/wk | ¾ cup/wk | 1¼ cup/wk |
| <i>Legumes Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Starchy Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Other Subgroup</i> | ½ cup/wk | ½ cup/wk | ¾ cup/wk |
| Fruits -Weekly minimum | 2½ cups/week (½ cup daily minimum) | 2½ cups/week (½ cup daily minimum) | 5 cups/week (1 cup daily minimum) |
| Grains / Breads -Weekly minimum - maximum -At least half whole grain beginning School Year 2012-13 -All whole grain beginning School Year 2014-2015 | 8-9 oz equivalent/week (1 oz daily minimum) | 8-10 oz equivalent/week (1 oz daily minimum) | 10-12 oz equivalent/week (2 oz daily minimum) |
| Minimum – Maximum Calories (kcal) -Weekly average | 550 – 650 | 600 – 700 | 750 - 850 |
| Saturated Fat (% of total calories) -Weekly average | <10% | <10% | <10% |
| Sodium** -Weekly average | ≤1230 mg* | ≤1360 mg* | ≤1420 mg* |
| Trans Fat | 0 grams / serving | 0 grams / serving | 0 grams / serving |

*Effective School Year 2014-15

**Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23

School Breakfast Meal Pattern

| Food Components | Grade K - 5 | Grade 6 – 8 | Grade 9 - 12 |
|--|---|---|---|
| Milk | 5 cups/week (1 cup daily) | 5 cups/week (1 cup daily) | 5 cups/week (1 cup daily) |
| Meat or Meat Alternates None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met | | | |
| Vegetables May be substituted for fruits, but the first 2 cups/week must be from a subgroup other than starchy (dark green, red/orange, legumes, other) | | | |
| Fruits | 5 cups/week* (1 cup daily minimum) | 5 cups/week* (1 cup daily minimum) | 5 cups/week* (1 cup daily minimum) |
| Grains / Breads -minimum - maximum -At least half whole grain beginning School Year 2013-14 -All whole grain beginning School Year 2014-2015 | 7-10 oz equivalent/week (1 oz daily minimum) | 8-10 oz equivalent/week (1 oz daily minimum) | 9-10 oz equivalent/week (1 oz daily minimum) |
| Minimum – Maximum Calories (kcal) Weekly average | 350 – 500 | 400 – 550 | 450 - 600 |
| Saturated Fat (% of total calories) Weekly average | <10% | <10% | <10% |
| Sodium** Weekly average | ≤ 540 mg* | ≤ 600 mg* | ≤ 640 mg* |
| Trans Fat | 0 grams/serving | 0 grams/serving | 0 grams/serving |

*Effective School Year 2014-15

**Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23